Seizure First Aid
How to help someone having a seizure

STAY with the person until they are awake and alert after the seizure.

- Time the seizure
- Remain calm
- Check for medical ID

Keep the person SAFE.

- Move or guide away from harm

Turn the person onto their SIDE if they are not awake and aware.

- Keep airway clear
- Loosen tight clothes around neck
- Put something small and soft under the head

Call 911 if...

- Seizure lasts longer than 5 minutes
- Person does not return to their usual state
- Person is injured, pregnant, or sick
- Repeated seizures
- First time seizure
- Difficulty breathing
- Seizure occurs in water

Do NOT

- Do NOT restrain.
- Do NOT put any objects in their mouth.

Rescue medicines can be given if prescribed by a health care professional

Learn More and Register for Training: epilepsy.com/firstaid

24/7 Helpline / Цілодобова гаряча лінія: 1-800-332-1000

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